

Country Cooking: Our Culinary Roots

A UKRAINIAN CELEBRATION

January is a festive month for *Country Living* staffers Theo Hewko and Lucy Wing. While many of us are enjoying the last round of parties and packing away our holiday decorations, Theo is making preparations for Ukrainian Holy Night Supper, January 6th. Later in the month, Lucy and her family gather for a Chinese New Year's feast. Read on to share these special occasions with them.

Egg Bread

*Wheat with Honey
and Poppy Seeds*

*Beet Soup with
Mushroom Dumplings*

For many Ukrainians, Christmas Eve (which, following the Julian calendar, falls on January 6th) is one of the most important family occasions of the year. The Holy Supper, or *Svyata Vecherya*, consists of 12 meatless dishes, representing the 12 Apostles. While Kutya (Wheat with Honey and Poppy Seeds), Kalach (Egg Bread), and Uzvar (Dried Fruit Compote) are always a part of the meal, the other foods vary, depending upon region and family traditions.

Jellied Carp

Boiled Dumplings

WHITE PLATTER, DINNER PLATES, GRAVY BOAT, UTENSILS:
VITO GIALLO ANTIQUES. NAPKINS, COVERED COMPOTE,
ORNAMENTS: SURMA. SILVER TRAY, FISH SERVER: THE
TUDOR ROSE. CHAIR: PINE COUNTRY ANTIQUES.



Stuffed Cabbage

*Cabbage-Filled
Blintzes*

Mushroom Gravy

Theo's mother-in-law, Stephanie Humeniuk, worked with us in our test kitchens to teach us to make her family's favorite holiday foods. The delicious results, shown here with Stephanie's hand-embroidered Ukrainian linens and heirloom dishes, give us a glimpse of Christmas Eve supper in the Hewko household.

Jelly Doughnuts



Poppy-Seed Roll



Dried-Fruit Compote



Honey Cake



SILVER PLATTER: THE TUDOR ROSE. BREADBOARD:
KNIFE: PANTRY & HEARTH. SPOON: VITO GIALLO ANTICQUE

A UKRAINIAN CELEBRATION

Join *Country Living* staff member Theo Hewko and her family for a festive Holy Night supper.

By Joanne L. Hayes

In Ukrainian households, Christmas Eve is a celebration to remember. Based in part on centuries-old agrarian mythologies and traditions, this Christian holiday is an occasion in which everything is symbolic. Although some Ukrainians follow the Georgian calendar and celebrate Christmas Eve on December 24th, most follow the Julian calendar and prepare the Holy Supper, *Svyata Vecherya*, on January 6th. The rest of the holiday season is filled with parties for friends and neighbors, but this evening is a family affair. The head of the household calls the family together to a table symbolically covered with two tablecloths (one for the family's dead ancestors and one for the living). A layer of hay surrounding the table or placed under the cloths reminds the family of Christ's birth in a manger, while a sheaf of wheat represents their ancestors, whose survival depended on this grain. Starting with a prayer and the sharing of bread that has been blessed in church, the 12-course meatless meal progresses.

Lubow Wolynetz of the New York City Ukrainian Museum, who generously shared her time and knowledge with us, says, "Christmas Eve is the most important family holiday, both solemn and festive. It brings together different generations of family members to a meal that combines ancient traditions and contemporary religious beliefs. In this way it teaches the young about their heritage, develops in them respect for it, and provides for a continuity of spiritual and cultural values."

It is this feeling of tradition that Theo Hewko's family experiences

as they gather each year for the "Holy Supper." Theo remembers the Christmas Eves of her childhood and is delighted to be able to pass along this heritage to her children. We hope you'll enjoy preparing Theo and her mother-in-law Stephanie Humeniuk's recipes for this special meal.

For more information on Ukrainian culture and traditions or museum programs, send a S.A.S.E. to the Ukrainian Museum, 203 Second Ave., New York, N.Y. 10003, or call (212) 228-0110.

BEET SOUP WITH MUSHROOM DUMPLINGS *Borsch with Ushka*

Shown on page 83

Borsch is the national soup of the Ukraine. The recipe varies depending on the area of the country and the time of year the soup is prepared. Although it is often made with a rich meat broth and finished with a scoop of sour cream, during times of fasting, such as Christmas Eve and Lent, it is meatless and served without the sour cream.

MAKES 8 SERVINGS

Mushroom Dumplings (recipe follows)

- 8 cups water
- 5 medium-size beets, peeled and quartered
- 3 carrots, peeled and cut in half crosswise
- 3 sprigs fresh parsley
- 2 green cabbage leaves
- 1 small onion, quartered
- 1 clove garlic, cut in half
- 2 tomatoes, quartered
- 1 tablespoon lemon juice
- 1½ teaspoons salt

¼ teaspoon ground black pepper
Fresh dill sprigs (optional)

1. Prepare dough and filling for Mushroom Dumplings.
2. In 2½-quart saucepan, combine water, beets, carrots, parsley, cabbage, onion, and garlic; heat to boiling over high heat. Reduce heat to low and simmer 45 to 50 minutes or until beets are tender. Meanwhile, finish preparing Mushroom Dumplings and set aside.
3. When vegetables are tender, with slotted spoon, remove beets and carrots from saucepan and reserve. Add tomatoes to saucepan and continue simmering soup. Grate 3 carrot halves and the beets; use remaining carrots for another purpose.
4. When tomatoes soften, strain soup through sieve into large bowl, pressing tomatoes to remove all their juice. Discard vegetables and pulp in sieve. Add grated vegetables, lemon juice, salt, and pepper to strained soup. Reheat and serve immediately with dumplings or refrigerate soup and dumplings until ready to reheat and serve. Garnish with fresh dill sprigs, if desired.

Mushroom Dumplings: Prepare ½ recipe *pyrohy* dough (see Boiled Dumplings, page 92). Prepare **Mushroom Filling** (page 92). On floured surface, roll out dough to 13½- by 12-inch rectangle. Cut dough into seventy-two 1½-inch squares. Place ¼ teaspoon of filling onto each square. Fold each square in half diagonally to form a pocket triangle; pinch edges of triangle closed. Squeeze two points from folded edge together to form tortellini-shaped dumpling.

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Mushroom Filling: In 2-quart saucepan, heat **1 ounce dried wild mushrooms** and **2 cups water** to boiling over high heat; reduce heat to low and cook mushrooms 45 minutes or until softened. Drain mushrooms well. In large skillet, heat **1 tablespoon vegetable oil**. Add **¾ cup finely chopped onion** and cook until lightly browned and softened. In food processor with chopping blade or blender, finely chop mushrooms and browned onion. Stir in **¼ teaspoon salt** and **¼ teaspoon ground black pepper**.

Nutritional information per serving with dumpplings—**protein:** 5 grams; **fat:** 4 grams; **carbohydrate:** 33 grams; **fiber:** 4 grams; **sodium:** 541 milligrams; **cholesterol:** 17 milligrams; **calories:** 185.

WHEAT WITH HONEY AND POPPY SEEDS

Kutya

Shown on page 83

For centuries wheat has been an important part of the Ukrainian diet. It is not surprising that it holds a symbolic place as the first dish in this celebration.

MAKES 8 SERVINGS

- 1½ cups peeled wheat** (see Note)
- 4 to 6 cups water**
- ¼ cup sugar**

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- 1 cup crushed poppy seeds**
- ½ cup honey**
- ¼ cup coarsely chopped walnuts**

1. Under running cold water, rinse wheat. In 2½-quart saucepan, heat wheat and 4 cups water to boiling over high heat. Reduce heat to medium and boil, adding more water if necessary, 1 to 1½ hours or until wheat is tender but keeps its shape. Drain well.

2. In small saucepan, heat ½ cup water and the sugar to boiling; remove from heat and stir in poppy seeds. In large bowl, combine poppy-seed mixture with wheat and honey. Pour into serving bowl and top with walnuts. Serve immediately or refrigerate until ready to serve.

Note: Peeled wheat (whole-wheat kernels with the outer bran layer removed) can be ordered by mail from Pete's Spice and Everything Nice, 174 First Ave., New York, N.Y. 10003, or call (212) 254-8773.

Nutritional information per serving—**protein:** 4 grams; **fat:** 9 grams; **carbohydrate:** 34 grams; **fiber:** 3 grams; **sodium:** 6 milligrams; **cholesterol:** 0 milligram; **calories:** 224.

EGG BREAD

Kalach

Shown on page 83

Kalach is prepared for many special occasions in the Ukraine. The name comes from the Ukrainian word for "circle," its traditional shape, which represents eternity. For the Holy Supper, the *kalach* is shaped into three circles, symbolizing the Trinity.

MAKES 16 SERVINGS

- 9 to 10 cups unsifted all-purpose flour**
- ½ cup sugar**
- 3 packages rapid-rising dry yeast**
- 1 teaspoon salt**
- 6 tablespoons butter or margarine, softened**
- 4 large eggs**
- 6 large egg yolks**
- 2 cups very warm water (120° to 130°F) plus 1 teaspoon cold water**

1. In very large bowl, combine 9 cups flour, the sugar, yeast, salt, and butter. In medium-size bowl, combine eggs, 4 egg yolks, and 2 cups water. Stir egg mixture into flour mixture until soft dough forms. Turn dough out onto lightly floured surface. Knead dough, adding enough of remaining 1 cup flour, until dough is smooth and elastic—about 10 minutes. Place dough in oiled bowl, turning to bring oiled side up. Cover with clean cloth and let dough rise in warm place, away from drafts, until double in size—35 to 40 minutes.

2. Grease 2 large baking sheets. Divide dough in half; set one dough half aside. Divide other half into 3 pieces. With palm

of hand, roll each piece to 28-inch rope. Braid ropes together; form into circular loaf, pinching ends of ropes together. Place loaf on one baking sheet.

3. Divide other dough half into 2 pieces, one piece twice as large as the other. Divide large piece into thirds. With palm of hand, roll each third into 20-inch rope. Braid ropes together; form into circular loaf, pinching ends together. Place on remaining baking sheet. Repeat with remaining piece of dough, rolling into 14-inch ropes, braiding, and forming into a small circular loaf. Place on baking sheet with medium-size loaf. Cover loaves and let rise in warm place, away from drafts, 20 minutes.

4. Heat oven to 350°F. In small bowl, combine remaining 2 egg yolks and 1 teaspoon water. Brush loaves with egg-yolk mixture and bake 25 minutes. Brush with more egg-yolk mixture; bake 5 to 10 minutes longer or until golden brown. Cool loaves on wire racks. To serve, stack loaves starting with largest loaf on the bottom and ending with the smallest loaf on top. Insert a candle through center of loaves, if desired.

Nutritional information per serving—**protein:** 11 grams; **fat:** 8 grams; **carbohydrate:** 63 grams; **fiber:** 2 grams; **sodium:** 192 milligrams; **cholesterol:** 142 milligrams; **calories:** 378.

BOILED DUMPLINGS

Pyrohy, or Varenyky

Shown on page 84

Pyrohy is a favorite Ukrainian dish. Theo's family serves the potato-cheese-filled dumplings as well as sauerkraut dumplings for Christmas Eve. The two types of dumplings are sometimes counted as two separate items at the 12-dish meal.

MAKES 80 DUMPLINGS

***Pyrohy* Dough (recipe follows)**

Potato-Cheese Filling (recipe follows)

Sauerkraut Filling (recipe follows)

- ¼ cup vegetable oil**
- 2 medium-size onions, thinly sliced**
- 2 tablespoons chopped fresh parsley leaves**

1. Prepare *Pyrohy* Dough, Potato-Cheese Filling, and Sauerkraut Filling.

2. On lightly floured surface, roll out one-quarter *pyrohy* dough to ⅛-inch thickness. With 2¾-inch round cutter, cut dough into rounds. Spoon 1 tablespoon potato-cheese filling onto rounds. Carefully fold rounds in half and with floured fingers pinch edge tightly to form dumplings. Repeat with another one-quarter dough; reroll scraps and make dumplings until all potato-cheese filling has been used. Repeat with remaining dough to make sauerkraut dumplings.

3. Fill 5-quart saucepot two-thirds full with water. Heat to boiling over high

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heat. Add about 15 dumplings to pot and return water to boiling; reduce heat to medium so water is simmering lightly. Cook 9 to 10 minutes or until dough is tender. Remove dumplings to serving platter with slotted spoon; toss with a little oil to prevent sticking. Cover dumplings and keep warm. Repeat until all dumplings have been cooked.

4. Just before serving, in large skillet, heat 2 tablespoons oil. Add onions and cook, stirring occasionally, until lightly browned and softened.

5. Serve dumplings warm; top potato-cheese dumplings with parsley and sauerkraut dumplings with browned onions.

Pyrohy Dough: In large bowl, stir together 4 cups unsifted all-purpose flour, 1 1/4 cups water, 2 tablespoons butter or margarine, melted, 1 large egg, and 1/4 teaspoon salt until combined. Turn dough out onto lightly floured surface and knead several times. Place in same bowl and cover with lightly floured waxed paper. Let dough rest 30 minutes before using. Cut dough into quarters.

Potato-Cheese Filling: Peel 3 large potatoes and cut each into 8 pieces. In 2 1/2-quart saucepan, heat potato pieces and enough water to cover to boiling over high heat. Reduce heat to medium and cook potatoes 15 to 20 minutes or until fork tender. Drain potatoes well. Meanwhile in large skillet, heat 2 tablespoons vegetable oil. Add 1 cup finely chopped onion and cook, stirring occasionally, until onions are lightly browned and softened. In large bowl, mash potatoes with onion until potatoes are smooth; set aside to cool to room temperature. When potato mixture is cool, stir in one 7 1/2-ounce package farmer's cheese, 1/4 cup cream cheese, 1/2 teaspoon salt, and 1/2 teaspoon ground black pepper. Refrigerate until ready to use.

Sauerkraut Filling: Rinse 2 pounds sauerkraut. In 2 1/2-quart saucepan, heat rinsed sauerkraut and 1 cup water to boiling. Cover and cook sauerkraut over low heat 1 hour or until soft; let cool to room temperature. Strain cooled sauerkraut through sieve to remove as much liquid as possible. In large skillet, heat 2 tablespoons vegetable oil. Add 1 cup finely chopped onion; cook until lightly browned and softened. In medium-size bowl, combine sauerkraut, onion, and 1/4 teaspoon ground black pepper. Refrigerate until ready to use.

Nutritional information per potato-cheese dumpling—protein: 2 grams; fat: 2 grams; carbohydrate: 8 grams; fiber: .4 gram; sodium: 43 milligrams; cholesterol: 5 milligrams; calories: 55.

Nutritional information per sauerkraut dumpling with onions—protein: 1 gram; fat: 2 grams; carbohydrate: 6 grams; fiber: 1 gram; sodium: 141 milligrams; cholesterol: 3 milligrams; calories: 45.

STUFFED CABBAGE WITH MUSHROOM GRAVY

Holubtsi with Hrybovyi Sos

Shown on page 85

Stuffed cabbage rolls are served at all festive Ukrainian occasions. Although there are many fillings that may be used, for Christmas Eve meatless ones are selected. Most families serve more than one variety of this favorite dish. In Theo's home, kasha-filled rolls and rice-filled rolls are usually served. The traditional accompaniment is mushroom gravy, which is often counted as a separate dish in the 12-dish meal.

MAKES ABOUT 24 CABBAGE ROLLS

- 2 medium-size (about 3 pounds each) heads green cabbage, cored
- Rice Filling (recipe follows)
- Kasha Filling (recipe follows)
- Mushroom Gravy (recipe follows)
- Sautéed wild mushrooms (optional)

1. In 6-quart saucepot, place cabbage and add enough water until about 2 inches from top of pot. (If there is not enough room for both heads of cabbage, cook one at a time.) Cover and heat to boiling. As cabbage leaves loosen from heads, carefully remove leaves to large bowl. Drain well. When leaves are cool enough to handle, with sharp knife, trim thick ribs down to make leaves more flexible.

2. Prepare Rice Filling, Kasha Filling, and Mushroom Gravy.

3. Reserve at least 24 large cabbage leaves; line two 2-quart baking dishes with some of the remaining smaller cabbage leaves. To make cabbage rolls, place 1/3 cup filling near base of large cabbage leaf. Fold base and sides of leaf over filling. Roll up leaf and place in lined baking dish. Repeat rolling cabbage leaves using remaining fillings.

4. Heat oven to 350°F. Cover cabbage rolls with any remaining cabbage leaves and cover dishes with lids or aluminum foil. Bake 1 hour or until cabbage is fork tender. Serve cabbage rolls with Mushroom Gravy and top with sautéed wild mushrooms, if desired.

Rice Filling: Prepare Mushroom Filling (see Beet Soup with Mushroom Dumplings, page 87). In large skillet, heat 2 tablespoons vegetable oil. Add 1 1/2 cups finely chopped onions; cook until lightly browned and softened. In large bowl, combine 4 cups cooked white rice, prepared mushroom filling, browned onions, 1/2 teaspoon salt, and 1/4 teaspoon ground black pepper.

Kasha Filling: In 2-quart saucepan, heat 2 cups water and 1/2 teaspoon salt to boil.

Continued on page 94

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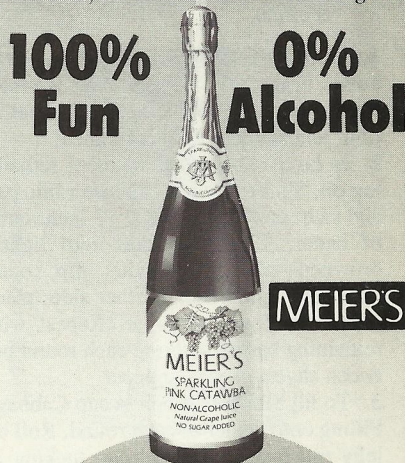
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ing; stir in **1 cup kasha** and cook, covered, 4 minutes. Remove kasha from heat and let stand 5 minutes. In large skillet, heat **2 tablespoons vegetable oil**. Add **1½ cups finely chopped onions**; cook until lightly browned and softened. Stir onions, **1 small potato**, peeled and grated (about 2 tablespoons), and **½ teaspoon ground black pepper** into kasha.

Mushroom Gravy: Prepare **½ recipe Mushroom Filling** (see Beet Soup with Mushroom Dumplings, page 87). In 2-quart saucepan, heat **2 cups water** or **vegetable broth** and prepared mushroom filling to boiling. Stir in **¼ cup unsifted all-purpose flour** dissolved in **¼ cup water**. Return to boiling, stirring constantly; cook 2 minutes.

Nutritional information per rice-filled cabbage roll with gravy—**protein:** 2 grams; **fat:** 2 grams; **carbohydrate:** 14 grams; **fiber:** 2 grams; **sodium:** 89 milligrams; **cholesterol:** 0 milligram; **calories:** 80.

Nutritional information per kasha-filled cabbage roll with gravy—**protein:** 2 grams; **fat:** 2 grams; **carbohydrate:** 9 grams; **fiber:** 2 grams; **sodium:** 16 milligrams; **cholesterol:** 0 milligram; **calories:** 58.

CABBAGE-FILLED BLINTZES

Mlyntsi (Nalysnyky) z Kapustoyu

Shown on page 85

In Ukrainian homes, blintzes can have either sweet or savory fillings. Although this dish is not always found on Holy Supper menus, it is a favorite at Theo's home.

MAKES 12 BLINTZES

Cabbage Filling (recipe follows)

- 2 cups milk**
- 6 large eggs**
- ¼ cup vegetable oil**
- 1¾ cups unsifted all-purpose flour**
- ½ teaspoon salt**
- 2 tablespoons water**
- ½ cup packaged unseasoned bread crumbs**

1. Prepare Cabbage Filling. In large bowl, beat milk, 4 eggs, and 2 tablespoons oil until well combined. Beat in flour and salt just until combined.

2. In large skillet, heat some of remaining oil. Spoon scant ⅓ cup batter into pan and swirl pan to form 6½- to 7-inch round of batter. Cook one side until lightly browned—about 1 minute; flip round over and lightly brown other side; place on piece of waxed paper. Repeat with remaining batter, layering each round between sheets of waxed paper.

3. To fill blintzes, spoon ¼ cup Cabbage Filling onto center of each round. Roll up jelly-roll fashion over filling, tucking in sides as you go to form blintzes.

4. In pie plate or wide bowl, beat remain-

ing 2 eggs with the water. In same skillet, heat some of remaining oil. Quickly dip blintzes in egg mixture then coat with bread crumbs. Cook blintzes, several at a time, turning to brown all sides; add oil as needed. Serve immediately.

Cabbage Filling: Boil or steam **12 cups (about a 2-pound head) shredded green cabbage** until very tender—about 1 hour; drain very well. In large skillet, heat **3 tablespoons vegetable oil**. Add **2½ cups finely chopped onions** and cook until lightly browned and softened. In medium-size bowl, combine cabbage, onions, **1 teaspoon salt**, and **½ teaspoon ground black pepper**. Refrigerate until ready to use.

Nutritional information per blintz—**protein:** 8 grams; **fat:** 12 grams; **carbohydrate:** 23 grams; **fiber:** 2 grams; **sodium:** 363 milligrams; **cholesterol:** 110 milligrams; **calories:** 233.

JELLIED CARP

Korop V Zheliatyni

Shown on page 84

Because this is a meatless meal, fish is always served as at least one of the 12 dishes. The Jelly Carp that Stephanie taught us to make may be molded and served as we have here or gelled in the same bowl from which it will be served.

MAKES 12 SERVINGS

- 8 cups water**
- 4 large carrots, peeled and cut in half crosswise**
- 2 medium-size onions, quartered**
- Fresh parsley sprigs**
- 4 juniper berries**
- 1 bay leaf**
- 1 3-pound carp with head and tail, cleaned and cut into 2-inch slices**
- 1 teaspoon sugar**
- ¾ teaspoon salt**
- ½ teaspoon lemon juice**
- 2 packages unflavored gelatin**
- ½ cup water**
- 2 whole allspice berries**
- Shredded lettuce**

1. In 4-quart saucepan, combine water, carrots, quartered onions, 2 sprigs parsley, juniper berries, and bay leaf; heat to boiling over high heat. Add carp and return water to boiling; reduce heat to low, cover, and simmer carp 10 minutes or until fork tender.

2. With slotted spoon, remove to bowl. Continue simmering broth, uncovered, about 45 minutes longer or until mixture measures 4 cups; strain broth through fine sieve. Discard onion, parsley, juniper berries, and bay leaf. Reserve carrot pieces. Measure strained broth. Add water or discard broth if necessary to make 3½ cups broth. Stir sugar, salt, and lemon juice into broth.

3. In small saucepan, sprinkle gelatin over water. Set aside 5 minutes to soften.

Heat just until gelatin dissolves. Stir gelatin into strained broth. Refrigerate, covered, until mixture is consistency of unbeaten egg white; after gelatin thickens, remove from refrigerator. When carp is cool enough to handle, remove and discard all bones and skin. Cover and refrigerate carp until ready to use.

4. Cut one small carrot half into thin lengthwise strips. Cut 5 or 6 lengthwise ridges into remaining carrot halves, then slice carrots crosswise to make flowers. Pinch off ¼ cup individual parsley leaves from stems. Pour ¼ cup gelatin mixture into bottom of 6-cup fish-shaped mold; swirl fish mold until gelatin mixture thinly coats sides. Chill 5 minutes, then arrange carrot flowers and parsley leaves in bottom and up sides of mold, as pictured. Arrange sliced carrot for tail and use 2 whole allspice berries for eyes. Refrigerate until firm—about 20 minutes.

5. Reserve some carrot flowers. Fold pieces of carp and remaining carrot flowers into gelatin mixture. Spoon into mold, leveling surface; refrigerate.

6. To unmold Jelly Carp, with sharp knife, loosen edges of mold. Invert mold onto serving platter. Cover mold with hot damp towels until gelatin loosens from mold, then lift off mold.

7. Garnish Jelly Carp with shredded lettuce, carrot flowers, and parsley sprigs. Refrigerate until ready to serve.

Nutritional information per serving—**protein:** 10 grams; **fat:** 3 grams; **carbohydrate:** 2 grams; **fiber:** .6 gram; **sodium:** 162 milligrams; **cholesterol:** 31 milligrams; **calories:** 71.

JELLY DOUGHNUTS

Pampushky

Shown on page 86

A Christmas Eve favorite, these little doughnuts are made with Stephanie's Sweet Yeast Dough. The Country Living staff was especially happy when we tested these and hoped that we would have to try the recipe over and over.

MAKES 40 DOUGHNUTS

Sweet Yeast Dough (see

Poppy-Seed Roll, page 95)

Vegetable oil for deep-fat frying

- 1 cup cherry or strawberry jelly**
- 2 tablespoons confectioners' sugar**

1. Prepare Sweet Yeast Dough.

2. Punch down dough. On lightly floured surface, roll dough out to ¼-inch thickness. With 3½-inch round cutter, cut out as many rounds as possible. Re-roll dough to cut out more. Place rounds on floured baking sheet; cover with clean cloth. Let rise in warm place, away from drafts, 30 minutes.

3. In 4-quart saucepan, heat 3 inches oil until deep-fat thermometer registers 325°F. Fry dough rounds, a few at a time, turning midway through cooking until evenly browned—about 4 minutes. Re-

move doughnuts with slotted spoon and drain on paper towels.

4. With thin knife, on one end of each fried doughnut, cut a small slit going to the center of the doughnut; wiggle knife back and forth to make a pocket in the doughnut.

5. Spoon jelly into pastry bag fitted with 1/8-inch-round decorating tip. Insert pastry tip into slits in doughnuts and pipe some jelly into each doughnut. Place confectioners' sugar in small sieve and sift over Jelly Doughnuts. (Unsugared doughnuts can be packaged in airtight containers and frozen.)

Nutritional information per serving—**protein:** 2 grams; **fat:** 4 grams; **carbohydrate:** 17 grams; **fiber:** .45 gram; **sodium:** 21 milligrams; **cholesterol:** 25 milligrams; **calories:** 113.

DRIED-FRUIT COMPOTE

Uzvar

Shown on page 86

This simple sweet is the symbolic twelfth dish of the meal. Perhaps a reminder of the bountiful Ukrainian orchards, it is called "God's Drink." Although this recipe contains only a few kinds of fruit, in some households, the dish includes 12 different fruit varieties.

MAKES 12 SERVINGS

- 1 small orange
- 2 11-ounce packages mixed dried fruit
- 3 cups water
- 2 tablespoons honey

1. With sharp knife, remove a 3/4-inch-wide spiral of peel from orange. Use remaining orange for another purpose.

2. In 3-quart saucepan, combine dried fruit and water; heat to boiling. Cook over low heat, stirring occasionally, 10 to 15 minutes or until fruit is just tender.

3. With slotted spoon, remove fruit and orange peel to heat-proof serving dish. Cook poaching liquid over high heat until it is reduced to 1 1/2 cups. Stir in honey and pour over fruit. Cool to room temperature, then refrigerate, covered, until ready to serve.

Nutritional information per serving—**protein:** 1 gram; **fat:** .25 gram; **carbohydrate:** 36 grams; **fiber:** 2 grams; **sodium:** 9 milligrams; **cholesterol:** 0 milligram; **calories:** 137.

HONEY CAKE

Medivnyk

Shown on page 86

Ukrainian cooks have been baking with honey for centuries. This traditional Christmas cake is so good, many Ukrainian bakers can't resist making it at other times of the year as well. Although it is delicious when first made, it is even better when made a day or so ahead.

MAKES 16 SERVINGS

- 3 large eggs
- 3/4 cup sugar

- 3/4 cup honey
- 1/3 cup vegetable oil
- 3 tablespoons orange juice
- 1 1/2 tablespoons sour cream
- 1 1/2 teaspoons grated orange rind
- 2 3/4 cups unsifted all-purpose flour
- 3/4 teaspoon baking soda
- 3/4 teaspoon baking powder
- 3/4 teaspoon ground cinnamon

1. Grease and flour one 12- by 3 1/2-inch or two 8 1/2- by 4 1/2-inch loaf pans. Heat oven to 325°F.

2. In large bowl, beat eggs, sugar, honey, oil, orange juice, sour cream, and orange rind until combined. On waxed paper, mix together flour, baking soda, baking powder, and cinnamon. Slowly beat flour mixture into egg mixture just until combined to make batter.

3. Spoon batter into greased pan or pans and bake 45 minutes. Reduce oven temperature to 300°F and bake 15 to 25 minutes longer or until centers spring back when lightly touched with fingertip. Cool cakes in pans on wire rack for 10 minutes; remove cakes from pans and cool completely.

Nutritional information per serving—**protein:** 2 grams; **fat:** 6 grams; **carbohydrate:** 27 grams; **fiber:** .19 gram; **sodium:** 68 milligrams; **cholesterol:** 40 milligrams; **calories:** 162.

POPPY-SEED ROLL

Makivnyk

Shown on page 86

A variety of poppy-seed pastries are traditional for Christmas meals. Stephanie makes a double batch of her Sweet Yeast Dough and uses it both for the Poppy-Seed Roll and the Jelly Doughnuts (see recipe, page 94).

MAKES 16 SERVINGS

Sweet Yeast Dough (recipe follows)

- 1/3 cup sugar
- 5 tablespoons water
- 1/4 pound (1 cup) ground poppy seeds (see Note)
- 1 teaspoon vanilla extract
- 1 large egg, separated

1. Prepare Sweet Yeast Dough. While dough is rising, prepare poppy-seed filling: In small saucepan, heat sugar and 4 tablespoons water to boiling. Remove from heat and stir in poppy seeds and vanilla. Cool poppy-seed mixture for 10 minutes.

2. In small bowl, beat egg white until frothy. Stir into poppy-seed mixture to make filling.

3. Grease one 12- by 3 1/2-inch or two 8 1/2- by 4 1/2-inch loaf pans. When dough has doubled in size, punch down. Roll out to 12-inch round or if using 2 pans, divide dough in half and roll out each half into an 8 1/2-inch round. Spread poppy-seed filling over dough, leaving 1/4-inch border around edge. Roll up dough, jelly-roll

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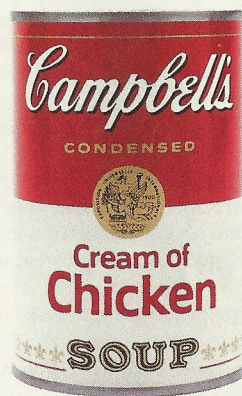


Skillet Herb Roasted Chicken

- 2 tbsp. all-purpose flour
- 1/4 tsp. each ground sage and dried thyme
- 4 skinless, boneless chicken breast halves or 6 skinless, boneless chicken thighs (about 1 lb.)
- 2 tbsp. margarine
- 1 can Campbell's® Cream of Chicken Soup
- 1/2 cup water
- Hot cooked rice

1. On waxed paper, combine flour, sage and thyme. Coat chicken lightly with flour mixture.
2. In skillet over medium-high heat, in hot margarine, cook chicken 10 min. or until browned on both sides; push chicken to one side.
3. Stir in soup and water, stirring to loosen browned bits. Reduce heat to low. Cover; simmer 5 min. or until chicken is fork-tender. Serve over rice. Garnish with fresh thyme if desired.

4 servings. Prep time: 5 min. Cook time: 15 min.
Serving Suggestion: Pictured over parsleyed rice.



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Mm! Mm! Good!

UKRAINIAN CELEBRATION

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fashion, pressing ends to seal. Place rolled dough, seam side down, in greased pan or pans; let rise in warm place, away from drafts, until double in size—35 to 40 minutes.

4. Heat oven to 350°F. In small bowl, combine egg yolk and remaining 1 tablespoon water. Brush loaf or loaves with egg-yolk mixture. Bake 12-inch loaf 40 to 45 minutes and smaller loaves 30 to 35 minutes or until loaves are golden brown.

Sweet Yeast Dough: In small saucepan, heat $\frac{3}{4}$ cup milk until bubbles form around side of pan; cool to 110° to 115°F. Add 1 package active dry yeast. In large bowl, beat 6 tablespoons sugar and $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) unsalted butter, softened, until fluffy. Beat in 2 large eggs, 2 large egg yolks, $\frac{1}{2}$ teaspoon grated lemon rind, $\frac{1}{2}$ teaspoon vanilla extract, and $\frac{1}{4}$ teaspoon salt. Alternately beat milk mixture and $3\frac{3}{4}$ cups unsifted all-purpose flour into egg mixture until soft dough forms. On lightly floured surface, knead dough until smooth (dough should be soft)—about 5 minutes. Place dough in lightly oiled bowl. Cover with clean cloth and let dough rise in warm place, away from drafts, until double in size—about 1 hour.

Nutritional information per serving—protein: 6 grams; fat: 8 grams; carbohydrate: 34 grams; fiber: 1 gram; sodium: 56 milligrams; cholesterol: 74 milligrams; calories: 234.

Note: You can grind the poppy seeds yourself or purchase already ground seeds by mail from Paprikas Weiss Importer, 1546 Second Ave., New York, N.Y. 10028, or by calling (212) 288-6117.

CHINESE NEW YEAR

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fish cavity with 1 tablespoon sherry.

2. Place fish on heatproof platter. Place platter on rack in steamer; cover and steam over boiling water until fish flakes easily with fork—about 20 minutes.

3. While fish is steaming, cut remaining green onions into 2-inch pieces. Using the white part of the onions to make flowers, make 4 crisscross cuts about $\frac{3}{4}$ inch deep into one end of onion; drop into ice water. Shred the green tops lengthwise into fine strips.

4. Cut gingerroot lengthwise into julienne strips. In small saucepan, heat vegetable oil. Add gingerroot and stir-fry 1 minute. Remove from heat; stir in remaining 2 tablespoons sherry, the soy sauce, sesame oil, and sugar. Pour gingerroot mixture over fish when it is ready.

Garnish platter with onion flowers and strips of green onions.

Nutritional information per serving—protein: 4 grams; fat: 3 grams; carbohydrate: .6 gram; fiber: .03 gram; sodium: 198 milligrams; cholesterol: 11 milligrams; calories: 51.

SWEET AND SOUR PORK

Shown on page 89

Most American versions of this typical Cantonese dish combining meat with sweet pickled vegetables are cloyingly sweet and gelatinous preparations made with pineapple chunks and green peppers. Try this version with Oriental pickled vegetables, which are sold in cans or jars. The vegetables vary from brand to brand so choose the jar so that you can see its contents of shallots, ginger, cucumbers, and carrots.

MAKES 10 CHINESE SERVINGS

- 1 teaspoon vegetable oil
- 1 clove garlic, crushed or sliced
- 1 18-ounce jar Chinese pickled vegetables
- $\frac{1}{3}$ cup ketchup
- 1 tablespoon sugar
- 1 tablespoon red-wine vinegar
- 1 cup water
- 4 teaspoons plus 3 tablespoons cornstarch
- $\frac{1}{2}$ teaspoon thin or light soy sauce
- $1\frac{1}{2}$ pounds boneless fresh pork shoulder butt or 3 pounds pork rib-end roast, boned
- $\frac{1}{2}$ teaspoon salt
- 1 large egg
- Vegetable oil for deep-frying

1. In 2-quart saucepan, heat oil; add garlic and stir-fry just until golden to flavor the oil; discard garlic. Add mixed pickled vegetables with their syrup, ketchup, sugar, and vinegar to saucepan; heat to boiling. In cup, mix water, 4 teaspoons cornstarch, and the soy sauce; stir cornstarch mixture into vegetable mixture and cook just until thickened and boiling. Set sauce aside. (Sauce can be made ahead, covered, refrigerated, and reheated.)

2. Cut pork into $1\frac{1}{4}$ -inch chunks, trimming off fat and any membrane or gristle. In large bowl, combine pork and salt. Stir in 3 tablespoons cornstarch and the egg.

3. In 4-quart saucepan, heat 2 inches oil to 375°F. Fry pork, half at a time, until golden brown—about 5 minutes. Drain on paper towels. Just before serving, reheat sauce and toss with pork. Transfer to serving bowl.

Nutritional information per serving—protein: 13 grams; fat: 28 grams; carbohydrate: 19 grams; fiber: .6 gram; sodium: 496 milligrams; cholesterol: 67 milligrams; calories: 378.

WINTER MELON SOUP

Shown on page 88

Sold in Oriental markets by the pound whole or cut in pieces, winter melon resembles sweet watermelons in size and shape.

The bland-tasting, white-fleshed melon is best made into soup—its watery texture is refreshing. This classic banquet soup is usually cooked and served in a carved winter melon. Steamed in a large pot for hours, the melon itself turns a drab olive-green color. In this version, the carved melon is used only as a serving bowl.

MAKES ABOUT 20 CUPS

- 12 cups water
- 1 3-pound chicken (broiler-fryer)
- 1 5-ounce slice Smithfield ham with bone
- 8 dried Chinese black mushrooms
- 1 1-inch piece fresh gingerroot, peeled and sliced
- 1 $3\frac{3}{4}$ -pound piece winter melon
- 2 fresh water chestnuts
- 1 14-ounce can ginkgo nuts, drained and rinsed
- 1 tablespoon Oriental sesame oil
- 2 teaspoons dry sherry
- $\frac{1}{4}$ teaspoon ground black pepper
- Carved winter-melon "bowl" (optional, see Note)

1. Day before serving or up to 3 days ahead, in 8-quart saucepot, heat water, chicken, its neck and giblets, the ham, mushrooms, and gingerroot to boiling over high heat. Cover and simmer over low heat 1 hour.

2. With slotted spoon, transfer chicken, ham, and mushrooms to bowl; cool, cover, and refrigerate. Strain broth, discarding remaining particles; cool, cover, and refrigerate.

3. Just before serving, discard fat from top of broth. Heat broth to boiling. Peel, seed, and cut winter melon into $\frac{3}{4}$ -inch cubes. Peel and dice water chestnuts. Add winter melon, chestnuts, and ginkgo nuts to boiling stock. Cook until melon is clear—about 10 minutes.

4. Meanwhile, bone and skin cooked chicken; shred half of chicken. (Refrigerate the remaining half chicken for another use.) Bone and cut ham into julienne strips. Remove and discard stems from mushrooms; cut caps into $\frac{1}{2}$ -inch pieces. Stir chicken, ham, mushrooms, sesame oil, sherry, and pepper into soup; heat through. Serve soup in carved winter melon, if desired, or soup tureen. After serving the soup, the carved melon may be refrigerated to use in another recipe.

Note: To carve a winter melon, select a 10-pound melon; rinse and dry. Tape a cut-out dragon or other Oriental paper pattern onto top of melon. With an X-acto knife, outline pattern onto top half of melon. Remove pattern and scrape away skin around dragon and in areas to show the scales, eyes, and other details. Cut opening in top of melon; scoop out seeds.

Nutritional information per cup—protein: 7 grams; fat: 3 grams; carbohydrate: 11 grams; fiber: 3 grams; sodium: 130 milligrams; cholesterol: 16 milligrams; calories: 91.